National Carers Week Events Calendar
We are making life better | 16-22 October 2022

National Carers Week is about recognising and celebrating the outstanding contribution Australia's 2.65 million carers make to our nation.

We are planning a range of community events across our different regions to celebrate National Carers Week, so stay connected and get involved!
All activities are **FREE** for carers.

NATIONAL CARERS WEEK

MILLIONS OF REASONS TO CARE

REGISTER NOW

OCTOBER 2022

West End

PAINT AND SIP - FOR MENTAL HEALTH CARERS
Sunday, 16 October
10.00 am - 1.00 pm
Enjoy the therapeutic benefits of painting and bring out your inner Picasso during our three hour guided session.
Submit your expression of interest on Eventbrite. For more information contact Tamsyn on 07 3384 1613.

Gold Coast

CARER WELLNESS DAY
Monday, 17 October
9.30 am - 3.00 pm
Spend the morning by the ocean at Burleigh Heads and enjoy activities, good company and food on us to celebrate a week for YOU!
Submit your expression of interest on Eventbrite. For more information contact Natalie on 07 5671 7600.

Online

WELLBEING AND MANAGING BURNOUT WORKSHOP
Tuesday, 17 October
11.00 am - 12.00 pm
Learn wellness techniques from former carer, Mindset Coach and Neurolinguistic Programming expert, Kylie Brennan.
To register visit Eventbrite.
For more information contact Janice on 07 3384 1625.

Samford

CARER WELLNESS DAY
Tuesday, 18 October
9.30 am - 2.30 pm
Design your own pot plant, move your body with a Zumba class and learn techniques on how to look after yourself at our interactive workshop.
Submit your expression of interest on Eventbrite. For more information contact Tamsyn on 07 3384 1613.
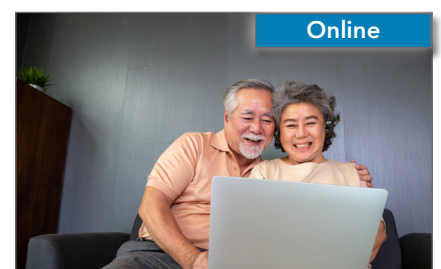
Toowoomba

CARER WELLNESS DAY
Wednesday, 19 October
9.30 am - 2.30 pm
Enjoy an interactive food and nutrition workshop, make a body scrub and wind down with a gentle yoga workshop.
Submit your expression of interest on Eventbrite. For more information contact Krista on 07 3384 1673.

Online

LAUGHTER CLUB
Wednesday, 19 October
1.00 pm - 1.45 pm
Use laughter to boost your mood. Heather Joy from the HappyDemic will discuss the benefits of Laughter Yoga and help you navigate stressful events.
To register visit Eventbrite. For more information contact Tamsyn on 07 3384 1613.

For more information, connect with us
1300 747 636 | healthandwellbeing@carersqld.com.au

Carers QLD Australia

Rainbow Tick

Quality Innovation Performance ACCREDITED

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Brisbane South

CARER WELLNESS DAY

Thursday, 20 October
9.30 am - 2.30 pm
Reconnect with yourself. Focus on strengthening your emotions, build a mental wellness toolkit and a self-care plan to help you be the best version of you.
Submit your expression of interest on Eventbrite. For more information contact Janice on 07 3384 1625.

Rockhampton

CARER WELLNESS DAY

Thursday, 20 October
9.30 am - 2.30 pm
Spend the day at the picturesque grounds of the Heritage Village, enjoy presentations, a friendly game of trivia and enjoy an old fashioned tram ride.
Submit your expression of interest on Eventbrite.
For more information email carerprogram@carersqld.com.au.

Sunshine Coast

CARER WELLNESS DAY

Friday, 21 October
9.30 am - 2.30 pm
From a Mental Health Workshop, and a Meditation Session to a special belly dance class. Join us for a wellbeing day with delicious food and social connection! Submit your expression of interest on Eventbrite. For more information contact Janice on 07 3384 1625.

Gold Coast

TOP GOLF FOR MALE CARERS

Friday, 21 October
10.45 am - 2.00 pm
We're heading to the premier golf entertainment venue, Top Golf, on the northern outskirts of the Gold Coast for a tee-rific time with our male carers.

Submit your expression of interest on Eventbrite. For more information contact Tamsyn on 07 3384 1613.

Online

VIRTUAL DRAG BINGO

Friday, 21 October
6.30 pm - 7.30 pm
It's bingo time... DRAG STYLE! Join Evelyn Edith from the comfort of your living room for three rounds (three chances to win!) of drag bingo and wind down from the week.
To register visit Eventbrite. For more information contact Tamsyn on 07 3384 1613.

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